

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

**After hours call**

**IMPACT 2-1-1**

**211, or toll free**

**1-866-211-3380**

### National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

### Veteran's Services

262-548-7732

### Moraine Lakes Consortium

888-446-1239

### Alzheimer's Association

800-272-3900

(24/7 Helpline)

[www.alz.org/sewi](http://www.alz.org/sewi)

## Inside this Issue:

- ⇒ Contact Tracing
- ⇒ The Power of Music
- ⇒ National Cheese Day!
- ⇒ Advanced Directives
- ⇒ World Elder Abuse Awareness Day



## Summer Solstice 2020

### When is the Summer Solstice?

In 2020, the June solstice is Saturday, June 20, at 4:44 p.m., CT. This date marks the official beginning of summer in the Northern Hemisphere, occurring when earth arrives at the point in its orbit where the North Pole is at its maximum tilt (about 23.5 degrees) toward the sun, resulting in the longest day and shortest night of the calendar year. (By longest "day," we mean the longest period of sunlight.) At the June solstice, the Northern Hemisphere receives sunlight at the most direct angle of the year.

### What is the Summer Solstice?

In the Northern Hemisphere, the June solstice (a.k.a. summer solstice) occurs when the sun reaches both its highest and northernmost points in the sky. It marks the start of summer in the northern half of the globe. In contrast, the June solstice in the Southern Hemisphere is when the sun is at its lowest point in the sky, marking the start of winter.

The word "solstice" comes from the Latin word *solstitium*, meaning *sol* (sun) and *stitium* (still or stopped), reflecting the fact that on the solstice, the sun appears to stop "moving" in the sky as it reaches its northernmost - or southernmost point (declination) - for the year, as seen from Earth.

### Does the Solstice Always Occur on the Same Day?

The timing of the June solstice is not based on a specific calendar date or time; it all depends on when the sun reaches its northernmost point from the equator. Therefore, the solstice won't always occur on the same day. Currently, it shifts between June 20, 21, and 22.

### The Year's Longest Day

The summer solstice is the day with the longest period of sunlight. Notice how the sun appears highest in the sky at the solstice; its rays strike earth at a more direct angle, causing the efficient warming we call summer.

### Summer Solstice Folklore

The summer solstice has long been celebrated by cultures around the world:

- In Ancient Egypt, the summer solstice coincided with the rising of the Nile River. As it was crucial to predict this annual flooding, the Egyptian New Year began at this important solstice.
- In centuries past, the Irish would cut hazel tree branches on solstice eve to be used in searching for gold, water, and precious jewels.
- Many European cultures hold midsummer celebrations at the solstice, which include gatherings at Stonehenge in Wiltshire, England, and the lighting of bonfires on hilltops.
- In Sweden, people traditionally celebrated the beginning of summer by eating the first strawberries of the season. They also celebrated, and still celebrate, a holiday known as Midsummer's Day, which is one of the four ancient quarter days of the year.
- Eating strawberries is the perfect way to celebrate the June solstice, since June's full moon is also known as the Full Strawberry Moon. It typically coincides with the ripening of strawberries in the northeastern United States.
- In the Austrian state of Tyrol, torches & bonfires are lit up on mountainsides to celebrate the summer solstice.
- According to ancient Latvian legend, Midsummer Eve (St. John's Eve) on June 23 is spent awake by the glow of a bonfire and in pursuit of a magical fern flower, which is said to bring good luck, before cleansing one's face in the morning dew.

# What Is Contact Tracing, And How Will It Slow The Spread Of COVID-19?

A vaccine is likely our best bet for stopping the spread of COVID-19. But since that's still likely a long way off, one of a few next-best strategies for slowing the transmission of the coronavirus is contact tracing.

You've probably heard the term "contact tracing" a lot lately in conversations about controlling the novel coronavirus pandemic and lifting lockdown restrictions. However, you may be a little unclear on what contact tracing actually means.

Fortunately, we have you covered. Here's what you need to know about this crucial part of reopening:

## How is Public Health Preventing the Spread of COVID-19 in Waukesha County?

### CONTACT TRACING

#### HOW IT WORKS



Public Health is notified of a positive test.



Public Health professionals call to interview the people with a positive test.



The interview identifies people at risk for infection.



Identified people are notified.



Identified people avoid contact with others to prevent further spread.

#### WHY ARE PUBLIC HEALTH AGENCIES CALLING ME?

Public Health professionals are working hard to identify and talk to everyone who has been in close contact with someone with a COVID-19 diagnosis.

#### WHAT TO EXPECT:

- Your information will only be used for public health purposes.
- Your answers will help prevent further spread of COVID-19.
- The caller will provide you with helpful information about COVID-19 and your risks.



# Benefit Specialist Corner

## Medicare Questions? We're Still Here to Help!

*By the GWAAR Medicare Outreach Team*



When it comes to Medicare, all the choices can be confusing. It may seem overwhelming to learn enough about the different parts of Medicare to decide which coverage option will work best for you. In addition to that challenge, many people with Medicare live on a fixed income and struggle to pay for their health care and prescription drugs. With the current *safer at home* practices, where can you go for help with these issues? The good news is, we are still here to help!

Elder Benefit Specialists at the ADRC of Waukesha County provide free, unbiased assistance for people with Medicare and other benefits every day. Elder Benefit Specialists are trained to help people who are having a problem with private or government benefits, by cutting through the “red tape” of the various federal, state, and county systems. They can help people determine the benefits that they are entitled to and explain and/or assist with applications.

If you need answers to your Medicare questions, or are looking for assistance with applications, renewals or appeals for a benefit program, contact the Elder Benefit Specialists at 262-548-7848.

Whether you are getting out in the community or staying safer at home, help is just a phone call away!

## Welcome to Medicare Class

**Turning 65?**  
**Need Medicare?**

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower

income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class will soon be hosted virtually online. To register for this free class or for more information, please contact the ADRC at 262-548-7848.

You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

# Credit Bureaus Offering Free Weekly Credit Reports

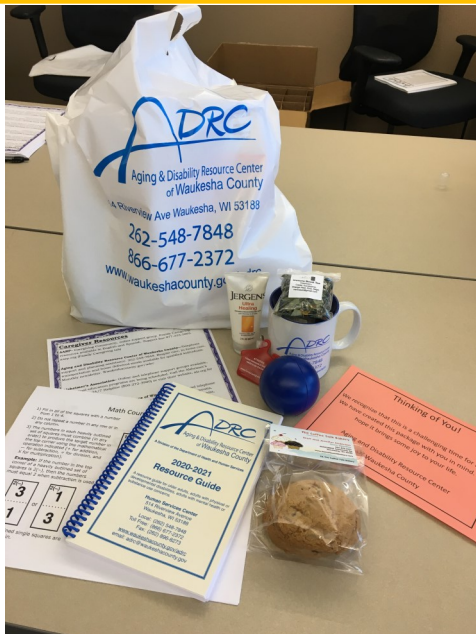
*By the GWAAR Legal Services Team*

The three credit reporting bureaus, Experian, Equifax, and TransUnion, are providing access to free credit reports weekly until April 20, 2021. Credit reports list all open accounts, inquiries from credit applications, payment history, and any outstanding payments in collections. Until now, each credit reporting bureau has allowed individuals to access a free credit report only once per year, for a total of three reports per year. You can access your credit report through <https://www.annualcreditreport.com/>.

It is important to check your credit score regularly so that you know whether your credit is in good shape and that your information is accurate. Checking your own credit report will not hurt your credit score. When you apply for new credit, like a personal loan or credit card, your credit report is very important. If you have not checked your credit report, you may be blindsided by a denial. Knowing your credit score helps you be prepared.

If your credit score is lower than expected, it might be a sign that your credit report contains errors that need to be disputed with the credit bureaus. The best way to make sure that there are no mistakes on your credit report is to check your report regularly. Each of the three credit reporting bureaus compiles its own report, so it is possible for one bureau's report to contain an error that is not on the other reports.

Checking your credit report for errors is especially important right now if you are making payment arrangements with your lenders because you are experiencing financial hardship. Under the CARES Act, the COVID-19 relief law, borrowers in good standing who are affected by COVID-19 should contact their lenders and apply for a modified payment agreement. Lenders will then continue to report the payment status as “current” with the credit reporting bureaus. Individuals who are currently behind on their bills can also call their lenders and ask for a modified payment plan. Although their account will remain delinquent unless they get caught up, a modified payment plan will help them avoid a default on their credit report.



While working remotely from home, the ADRC Aging Services staff have still been hard at work through various projects for caregivers in the community. The current state of the world has been hard on everyone, and the Aging staff knows it has put added stress and strain on caregivers caring for a loved one at home.

Last week, caregiver care packages were assembled and delivered to around 50 Waukesha County family caregivers and included things like lotion, local baked goods, and ADRC resources.

Another effort being put forth is a caregiver email that is sent out weekly. Some things included in past emails were webinar links, crafts, word games, and more. Please email Allie Mroczkowski at [amroczkowski@waukeshacounty.gov](mailto:amroczkowski@waukeshacounty.gov) if you wish to be added to the list to receive this weekly email.

# MUSIC CAN ENHANCE YOUR LIFE

*"Love me tender, love me true. All my dreams fulfill.  
For my darling I love you. And I always will."*

Reading the words of a song you love can stir up feelings of nostalgia. Hearing the song from the first dance on your wedding day may bring some color to your cheeks and put a smile on your face. And listening to popular songs from when you were a teenager might bring back memories of the crazy things you did when you were young.

Music is a powerful tool in so many ways. Listening to music can promote memory, reduce stress, relieve loneliness, and open a window to emotions such as joy, pride, sadness, laughter, or tears. Music reaches into the soul like nothing else, bringing feelings to the surface that are often difficult to name but healing to release.

Music is a great way to connect with someone whose ability to communicate is affected by dementia, stroke, or other disease. Listening to songs from their past can help a person feel calm and relaxed, and it is a pleasant way to spend time together. Playing soothing music during a meal might increase the amount eaten, or make unpleasant tasks, such as bathing or grooming, more bearable.

It is nice to enjoy music with other people but listening to or performing a song on your own can also be meaningful. While separated from her friends due to the quarantine my daughter can be heard playing guitar and singing frequently throughout the day. She says it helps express her feelings of sadness and anxiety, leaving her feeling more settled and focused.

While staying Safer-at-Home, adding music to your day can bring some cheer and help pass the time. Consider sharing a song with someone over the telephone or video-chat as a special way to connect with them when you can't physically be together. Recording a performance of a song and sending it by email or over social media is also a meaningful way to reach an isolated loved one. The goal isn't to impress anyone, just to express yourself and have fun.

Try enhancing your life by adding music to each day. Turn on some upbeat music in the morning to get you going. Try something familiar and relaxing during mealtimes. Find your old favorites to enjoy with a loved one for an extra special afternoon, then listen to soft, slow music in the evening to help prepare for a good night's sleep.

So, dig up those old songbooks, find a good radio station, or look up your favorite songs online and see where the music takes you.

Jane Mahoney

Older Americans Act Consultant - *Greater Wisconsin Agency on Aging Resources*

## Dear Ina:

When I was growing up in Wisconsin my grandparents had a dairy farm and supplied their milk to local cheese makers. I understand that many family-run farms have gone out of business over the years since the time my grandparents had their farm. I was curious how Wisconsin ranks for cheese production today.

Sincerely,  
Rick Ottacheese

## Dear Rick,

Your inquiry is timely as June 4 is National Cheese Day! Not to be confused with other popular cheese-related holidays such as Grilled Cheese Day, Mac and Cheese Day, National Cheese Ball Day, and National Cheese Curd Day. This day is in reverence of the queen of all dairy, the big cheese.



## Did You Know?

Cheese making is an ancient, some might even say sacred, craft. So ancient in fact it predates recorded history. It is speculated that the magic of cheese making began somewhere around 8000 B.C.E. shortly after the domestication of animals. Archeological digs have found evidence of cheese around the world including strainers coated in milk-fat molecules in Kuyavia, Poland, dated around 5500 B.C.E., and an artifact of preserved cheese in Xinjiang, China, believed to be more than 3,000 years old.

In fact, the most popular types of cheeses of today like gouda, cheddar, parmesan, and camembert, all came in vogue during or after the Middle Ages. Fast forward to 1815, when the first large scale industrial cheese production began in Switzerland. Thirty-six years after that, Jesse Williams, a farmer in Rome, New York, started the first assembly-line production of cheese.

## Fun Facts:

- ◆ Today, Wisconsin leads the nation in: number of dairy farms: 11,400, number of cheese plants: 126, and total U.S. cheese production: 3.37 billion pounds every year.
- ◆ Wisconsin is the first in the production of many popular cheese varieties. Percent of total U.S. production: 80% of cold pack and cheese food, 67% of muenster, 43% of brick, 26% of cheddar, and 25% of mozzarella.
- ◆ Wisconsin dairy farms produce more than 23 billion pounds of milk every year. That's about 14% of the country's total milk supply.
- ◆ Wisconsin is the number one cheese-producing state, making more than one of every four pounds of cheese in the U.S.
- ◆ 90% of Wisconsin's milk supply is made into cheese (with 90% of that cheese sold outside of Wisconsin).
- ◆ 48% of all specialty cheese made in the U.S. comes from Wisconsin.
- ◆ Wisconsin is the only state that requires a license to make cheese, and has the only Master Cheesemaker program outside of Europe. There are 1,290 licensed cheesemakers in the state. In addition, Wisconsin has the country's most stringent state standards for cheese making and overall dairy product quality.
- ◆ Wisconsin's cheesemakers produce more than 600 varieties, types, and styles of Wisconsin cheese, which is nearly double that of any other state.



# Produce Safety During COVID-19

**\*These are only recommendations, produce (and food) is thought to be safe, and there is no evidence that the virus is transmitted by food.**

- Check with your local grocery store or food pantry to see if they have special shopping hours in the morning if you are a senior or have a health condition.
- Make a list before grocery shopping to reduce your time spent in the grocery store.
- Wear a mask or face covering when entering a store to keep yourself and others safe.
- When entering a grocery store try to bring a hand sanitizer or make use of the cart wipes near the entrance to wipe down your cart.
- Wash your hands before and after your trip to the store.
- Before eating, rinse fresh fruits and vegetables under running water, even those that have skins which aren't eaten. Scrub firm produce with a clean produce brush.

## FOR AN ADDED SAFETY STEP

Dip rinsed fruits and vegetables in a vinegar solution of 2 cups vinegar + 2 cups water, allow to soak for 1 minute, then rinse again with clean water and dry them with a paper towel.



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882  
waukesha.extension.wisc.edu

## Sources:

FDA - Shopping for Food During COVID-19 Pandemic.  
University of Wisconsin-Madison - Food Safety in the  
Time of COVID-19: Tips on Handling Fresh Produce.

**GET IN THE GAME!**

# June is Men's Health Month

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men, and their families to practice and implement healthy living decisions, such as exercising and eating healthy. According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and die at higher rates from 9 of the top 10 leading causes of death. During Men's Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood.

We also ask you to join us by wearing blue on Friday, June 14. This day is a part of the year-round Wear BLUE® awareness campaign that was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

## 5 Plays for Men to Stay at the Top of their Game

### 1. We will protect this heart:

Heart disease is the number 1 killer of men. Choose healthier foods; make fruits and vegetables half of your plate.

### 2. Do you even lift, bro? (Because you don't have to!)

Getting just 30 minutes of even moderate exercise, such as walking, each day can help you live longer and healthier.

### 3. Preventative Maintenance:

Regular check-ups can catch small problems before they become big problems.

### 4. Quittin' Time:

Smoking causes cancer, heart disease, stroke, and a greater risk of erectile dysfunction.

### 5. Hey man, you good?

Life can get tough, and thinking things through with a mental health professional can help.





# I'm a Doctor in a COVID-19 Unit. Here's One Vital Step I Wish Everyone Would Take.

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The following article was written by Dr. Asha Shajahan, MD, who is a primary care physician in metro Detroit who is treating inpatient and outpatient COVID-19 patients as well as homeless people who may have the virus. She is a Media and Medicine fellow at Harvard University.

Earlier this week, a 30-year-old patient with COVID-19 passed away on a ventilator. He hadn't laid out his end-of-life wishes, or what

people in the medical field call advance directives. His father, devastated after seeing the numbers related to his condition, didn't want any further treatment that would prolong the inevitable. His mother wanted to try everything that could possibly be done to save him. If the patient himself had been able to speak, he might have expressed what his wishes were and saved his family a heartbreaking conflict.

This tragic situation is all too common, a result of families failing to discuss emergencies and end-of-life wishes ahead of time. It's especially stressful to make this kind of decision when the stakes are high, as they often are now amid the coronavirus pandemic. This is why it's important to understand end-of-life treatment options and to make choices before a crisis occurs. Nobody wants to imagine the worst, but the worst is a callous reality.

During my last several night shifts, I continued talking to patients about advance directives. "Do you want to be resuscitated including being on a ventilator, having electric shock applied to your chest and chest compressions that can break your ribs?" I asked. "Would you want a feeding tube?" "If you were unable to make medical decisions, who do you want to make those decisions for you?" These questions aren't easy to answer, especially when you are already sick and terrified in a lonely hospital bed.

"I don't know what he would want - making this decision for him is too stressful," the sister of one 37-year-old patient said tearfully. This patient didn't have advance directives in place. His sister now had the emotional burden of deciding his care. She too was fighting COVID-19 but from home. Her brother was on a ventilator, unable to communicate. To say it's an overwhelming situation to be in is an understatement.

Too often, the conversation about advanced directives is saved for a Medicare wellness visit with an outpatient doctor at the age of 65. A review of studies from 2011 to 2016, conducted by researchers at the University of Pennsylvania, found that only about one-third of American adults had advance directives. But this is a talk everyone should have, not only at the age of 65. In my COVID-19 unit, patients have ranged from age 18 to 103. It's doubtful the 18-year-old had thought much about her mortality prior to this.

So while we are social distancing in our homes, it's time to have that conversation that most of us have avoided - or didn't even know we needed to have. Make an end-of-life plan, write it down, and have it available to discuss with your doctor. Even better, reach out to a lawyer and learn how to make your wishes legally sound so if there is any kind of dispute between family members, there will be a clear path forward.

Instead of guilt-ridden regretful thoughts, such as "I wish I knew what he would've wanted," we all have the power to know our family's wishes now. Talking about death is horribly uncomfortable, but perhaps this pandemic is the harsh nudge we need. Discussing advance directives prior to getting ill can save a lot of emotional pain and help to lessen the fears that surround death.

If you won't do it for you, do it for your family, as it will lessen their burden if you fall sick.

You can find advance directive forms online at the Wisconsin Department of Health and Human Services: <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>

Article taken from Huffpost online, dated 4/22/2020, written by Asha Shajahan, M.D., who is a guest writer at Huffpost. [https://www.huffpost.com/entry/coronavirus-doctor-tips-advance-directives\\_n\\_5e9f0172c5b6b2e5b83856bc](https://www.huffpost.com/entry/coronavirus-doctor-tips-advance-directives_n_5e9f0172c5b6b2e5b83856bc)

## Senior Farmers' Market Nutrition Vouchers

ADRC of Waukesha County will again be distributing the popular Senior Farmers' Market Nutrition Vouchers beginning June 1. Due to the COVID-19 pandemic, distribution will be very different this year. If you have received vouchers in the past, please note the process this year is very different.

**Senior Farmers' market vouchers will only be distributed via US Mail.** The ADRC is not open for in person visits at this time.

Due to the coronavirus, **there will be no community voucher distributions this year.** The ADRC will be accepting completed eligibility agreements directly from clients and/or their proxies via US mail or fax. Once the completed agreement is received, the ADRC will mail the farmers' market vouchers directly to clients beginning June 1.

See page 11 (opposite page) for the voucher agreement form. Page 12 is the Spanish version. Simply cut out the voucher agreement form and mail or fax the completed form to the ADRC at:

ADRC of Waukesha County  
Attn: SFMNP  
514 Riverview Ave  
Waukesha, WI 53188

Or fax to 262-896-8273 Attn: SFMNP

Vouchers will be distributed in first come, first serve order. Also new this year, instead of two booklets of vouchers with \$2 and \$3 values, **every client is receiving one booklet.** It is still a total **value of \$25** in vouchers, but it is now **one booklet of five (5), \$5 vouchers.**

Remember that vouchers can only be used at participating farmers and farm stands. Vouchers can be redeemed at any participating farmer or farm stand, but Waukesha County vouchers **must only** go to Waukesha County residents. Also, vouchers are only good for fresh fruits and vegetables, herbs, and fruit and vegetable seeds.

### Eligibility requirements:

Must be a Waukesha County resident 60 or older, or Waukesha County resident 55 or older if Native American. **It is illegal to enroll in this program at more than one location.**

**Household income must be at or below 185 percent of the federal poverty guideline:**

Household Size	Monthly Income	Annual Income
1	\$1,968	\$23,606
2	2,658	31,894
3	3,349	40,182
4	4,040	48,470
5	4,730	56,758
6	5,421	65,046
7	6,112	73,334

**For each additional household member, add \$691 monthly, \$8,288 annually.**



**SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)  
ELIGIBILITY AGREEMENT**

Completion of this form is voluntary. If it is not completed, the applicant will not be eligible to receive the benefits of the Senior Farmers' Market Nutrition Program.

Name – Applicant (Last, First, MI) (Please Print)		Race (check one or more) <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White
Street Address, City, State, Zip Code (Please Print)		
Telephone Number	Date of Birth (MM-DD-YY)	Ethnicity Information (check one) <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino

Primary Language Spoken if not English \_\_\_\_\_

- I certify that my household income is at or below 185 percent of the federal poverty guideline.

Household Size	Monthly Income	Annual Income
1	\$1,968	\$23,606
2	2,658	31,894
3	3,349	40,182
4	4,040	48,470
5	4,730	56,758
6	5,421	65,046
7	6,112	73,334

For each additional household member,  
add \$691 monthly, \$8,288 annually.

- I certify that I am 60 years of age or older or I am a Native American 55 years of age or older.
- I certify that I am a resident of \_\_\_\_\_ county.
- I understand that program vouchers are used for the purchase of locally-grown fresh produce.
- I have received instructions about how and where to use program vouchers as applicable
- I understand that it is illegal to enroll in this program at more than one location.
- I have designated \_\_\_\_\_ to be my authorized representative.

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal Law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

<b>SIGNATURE</b> – Applicant	Date Signed
<b>SIGNATURE</b> – Authorized Representative	Date Signed
<b>SIGNATURE</b> – SFMNP Agency	Check Numbers Issued

This institution is an equal opportunity provider.



**SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)**  
**ACUERDO DE ELEGIBILIDAD**  
**SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP) — ELIGIBILITY AGREEMENT**

El completar este formulario es voluntario. Si no se completa, el solicitante no será elegible para recibir los beneficios del Senior Farmers' Market Nutrition Program.

Nombre – Solicitante (Apellido, nombre, inicial) (escriba en letra de molde)		Raza (seleccione una o más) <input type="checkbox"/> Indígena norteamericano o nativo de Alaska <input type="checkbox"/> Asiático <input type="checkbox"/> Negro o afroamericano <input type="checkbox"/> Nativo de Hawai u otra Isla del Pacifico <input type="checkbox"/> Blanco
Dirección postal, ciudad, estado, código postal (escriba en letra de molde)		
Teléfono	Fecha de nacimiento (mm-dd-aa)	Información étnica (seleccione una) <input type="checkbox"/> Hispano o latino <input type="checkbox"/> No hispano ni latino
Idioma principal que habla, si no es inglés. _____		

- Certifico que mi ingreso familiar es igual o inferior al 185 por ciento de la pauta federal de pobreza.

Grupo familiar	Ingreso mensual	Ingreso anual
1	\$1,968	\$23,606
2	2,658	31,894
3	3,349	40,182
4	4,040	48,470
5	4,730	56,758
6	5,421	65,046
7	6,112	73,334

Por cada miembro adicional del hogar,  
agregue \$691 mensuales, \$8,288 anualmente.

- Certifico que tengo 60 años de edad o más o que soy indígena norteamericano de 55 años de edad o más .
- Certifico que soy un residente del condado \_\_\_\_\_.
- Entiendo que los cupones del programa se utilizan para la compra de productos frescos cultivados localmente.
- He recibido instrucciones sobre cómo y dónde usar los cupones del programa, según corresponda.
- Comprendo que es ilegal inscribirme en este programa en más de una localidad.
- He designado a \_\_\_\_\_ como mi representante autorizado.

He sido informado de mis derechos y obligaciones dentro del programa SFMNP. Certifico que la información que he suministrado para la determinación de mi elegibilidad es correcta y de buena fe. Este formulario de certificación forma parte de mi solicitud para solicitar asistencia federal. Los funcionarios del programa pueden verificar la información en este formulario. Entiendo que realizar declaraciones intencionalmente falsas o erróneas o distorsionar u ocultar intencionalmente información puede ser sancionado con el pago en efectivo a la agencia del estado el valor del beneficio alimentario otorgado incorrectamente y posiblemente con un proceso civil o criminal ante la ley estatal o federal. Las reglas de elegibilidad y participación en el SFMNP son iguales para todos, sin distinción de raza, color, nacionalidad de origen, edad, discapacidad o sexo. Entiendo que puedo apelar cualquier decisión que tome la agencia local con respecto a mi elegibilidad para el SFMNP.

FIRMA – Solicitante	Fecha de firma
FIRMA – Representante autorizado	Fecha de firma
FIRMA – Agencia SFMNP	Números de cheques control emitidos

Esta institución es un proveedor que ofrece igualdad de oportunidades.



# WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

Lifting Up Voices

*World Elder Abuse Awareness Day is June 15<sup>th</sup> 2020. World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic issues that lead to elder abuse and neglect. Elder abuse and neglect is significantly under reported. It has been estimated that for every ONE case of elder abuse 24 cases go unreported\*. Elder abuse is a societal problem that threatens our American belief in justice that people should live free of abuse and neglect and be able to participate fully in society as we age. Through events like **World Elder Abuse Awareness day**, we seek to bring attention to the issue to further our efforts in preventing elder abuse and lifting up the voices of the many victims in our community and worldwide.*

On June 15, Waukesha County Department of Health and Human Services joins with the many communities around the globe in highlighting the issue of elder abuse. The Aging and Disability Resource Center (ADRC) of Waukesha County serves as the single point of access for services to help older adults in need of services to promote independence and best quality of life in our community. The resource center can assist residents with a variety of necessary services such as home delivered meals, in-home supports, benefit specialists, transportation assistance, and long term care programs.

The Adult Protective Services Unit (APS) is a unit within the ADRC of Waukesha County that is statutorily mandated under WI State Statutes to investigate and intervene in reports of abuse, neglect, and financial exploitation of adults with disabilities (age 18 and over) and older adults at risk (ages 60 and older). The goal of APS is to link persons at risk of and/or currently experiencing abuse and neglect with protective services to promote their best quality of life. Protective services covers a range of interventions from direct care supports such as in-home services and/or residential placement to the determination of an appropriate decision maker (i.e. guardian or power of attorney) to assist with medical and/or financial needs. For those clients who are no longer competent of meeting their daily needs for safety, the APS unit works with the courts to access court ordered decision makers (i.e. guardianship) or other court interventions to protect the most vulnerable. APS social workers work with their clients and a variety of multi-disciplinary professionals from law enforcement and financial institutions to medical providers and various community stakeholders to ensure that each client's unique needs are met.

This year for World Elder Abuse Awareness Day, Waukesha County is partnering with local community organizations to highlight the teamwork it takes to identify and prosecute elder abuse. It truly takes a village, and we invite you to keep an eye on our Facebook page as we feature our community partners who are collaborating to combat abuse in our community. [www.facebook.com/ADRCWC](https://www.facebook.com/ADRCWC)

For additional information on APS, please visit our website at: <https://www.waukeshacounty.gov/HealthAndHumanServices/adrc/eldersandadultatrisk/>

If you would like to report abuse, neglect or financial exploitation of a resident in Waukesha County, please call the ADRC at (262)548-7848 Monday—Friday 8am—4:30pm or after hours call 211 or via email at: [adrc@waukeshacounty.gov](mailto:adrc@waukeshacounty.gov)

To file a report for someone living in another county please call: 1-833-586-0107 or go online at: [www.ReportElderAbuseWI.org](http://www.ReportElderAbuseWI.org)

## **\*IMPORTANT ADRC TRANSPORTATION INFORMATION\***

For many years, ADRC's Specialized Transportation services – Rideline, Senior Taxi, etc. – have required older adult riders be 65 years of age or older to be eligible for a subsidized fare. In an effort to increase transportation options for Waukesha County seniors, and align the transportation programs with other county aging services, the ADRC announced that beginning **January 1, 2020** ADRC Specialized Transportation services would be available to non or limited drivers **60 years of age or older**.

Additionally, **the ADRC is requiring that all riders, current and new complete a new specialized transportation application form.** If you are a current rider, you should have received communication from the ADRC, but if you haven't, or you missed it there's still time! Our partner providers have agreed to assist with distribution of the new application forms, so if you are a current user, please ask your provider for a new form to complete and one will be provided to you. You can also call the ADRC at 262-548-7848 and ask for a form to be mailed to you, or the form is available on the ADRC website at [www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC).

As part of this process, all riders will be issued a new card with a new number. **This new card will be PINK.** The goal of the ADRC is to have all riders reissued a new card by June 30, 2020. Yellow taxi cards and old rider ID numbers will no longer be accepted by providers beginning July 1, 2020. Please make sure you have completed the registration before July 1. **Riders will not receive a subsidized fare through the ADRC Transportation Service after June 30<sup>th</sup> if you do not have a PINK card.**

**Please call the ADRC with questions about this process or any questions about the ADRC's Specialized Transportation service at 262-548-7848.**

**REMINDER**

**facebook**

**Do you follow the  
ADRC on Facebook?**

**Be sure to “LIKE” us on Facebook to keep up with the latest news from the ADRC, Waukesha County and our community partners.**

**[www.facebook.com/ADRCWC](http://www.facebook.com/ADRCWC)**



# How to Prepare for Severe Weather



Even though Severe Weather Week is in April each year, the most active months for severe weather in Wisconsin are June and July. It is important to know some of the terminology and to always have a plan for you and your family in the event there is severe weather.

According to NOAA (National Oceanic and Atmospheric Administration), Wisconsin averages between 30 and 40 thunderstorms per year. These thunderstorms can be severe at times and include tornados. The National Weather Service issues an average of 1-2 tornado warnings and 5-10 severe thunderstorm warnings per county each year. Most of these warnings are issued for the southern part of our state, with Wisconsin averaging 23 tornados per year. Some storms are not quite as severe and instead of a warning the National Weather Service will issue a tornado watch or severe thunderstorm watch. On average, Wisconsin has 29 severe thunderstorm watches and 11 tornado watches per year.

So what is the difference between a watch and a warning? This is an important bit of information to be familiar with and could save your life. Watches mean that the atmosphere has the potential to produce severe weather. A warning, on the other hand, means that there is imminent danger and you should seek shelter immediately. Being prepared is extremely important, below are some helpful tips to keep yourself and your loved ones safe this severe weather season.

## Severe Weather Tips

- ✓ **Be Weather-Ready:** Check the forecast regularly to see if you're at risk for severe weather. Listen to local news or a NOAA Weather Radio to stay informed about severe thunderstorm watches and warnings. Check the Weather-Ready Nation for tips.
- ✓ **Sign Up for Notifications:** Know how your community sends warnings. Some communities have outdoor sirens. Others depend on media and smart phones to alert residents to severe storms.
- ✓ **Create a Communications Plan:** Have a family plan that includes an emergency meeting place and related information. Pick a safe room in your home such as a basement, storm cellar, or an interior room on the lowest floor with no windows. Get more ideas for a plan at: <https://www.ready.gov/make-a-plan>.
- ✓ **Practice Your Plan:** Conduct a family severe thunderstorm drill regularly so everyone knows what to do if damaging wind or large hail is approaching. Make sure all members of your family know where to go when severe thunderstorm warnings are issued. Don't forget pets if time allows.
- ✓ **Prepare Your Home:** Keep trees and branches trimmed near your house. If you have time before severe weather hits, secure loose objects, close windows and doors, and move any valuable objects inside or under a sturdy structure.
- ✓ **Help Your Neighbor:** Encourage your loved ones to prepare for severe thunderstorms. Take CPR training so you can help if someone is hurt during severe weather.

### **If a thunderstorm warning has been issued for your area:**

- ✓ **At Your House:** Go to your secure location if you hear a severe thunderstorm warning. Damaging wind or large hail may be approaching. Take your pets with you if time allows.
- ✓ **At Your Workplace or School:** Stay away from windows if you are in a severe thunderstorm warning and damaging wind or large hail is approaching. Do not go to large open rooms such as cafeterias, gymnasiums, or auditoriums.
- ✓ **Outside:** Go inside a sturdy building immediately if severe thunderstorms are approaching. Sheds and storage facilities are not safe. Taking shelter under a tree can be deadly. The tree may fall on you. Standing under a tree also put you at a greater risk of getting struck by lightning.
- ✓ **In a Vehicle:** Being in a vehicle during severe thunderstorms is safer than being outside; however, drive to the closest secure shelter if there is sufficient time.

From: National Oceanic and Atmospheric Administration, [https://www.weather.gov/grb/WI\\_tornado\\_stats](https://www.weather.gov/grb/WI_tornado_stats)

# Virtual Dementia Caregiver Support Group

1ST WEDNESDAY OF EVERY MONTH | 1 PM TO 2 PM

*Starting June 3rd, please join us online or by phone for an hour of caregiver discussion and connection, lead by Dementia Care Specialists from Milwaukee, Ozaukee and Waukesha counties.*

**To register please email us  
at [dcs@milwaukeecountywi.gov](mailto:dcs@milwaukeecountywi.gov) or call  
us at 414-289-6259**



# Evidence-Based Health Promotion Program

## Have a Chronic Condition? Beware of the Injury Cycle!

Before the coronavirus, The ADRC of Waukesha County offered many well-researched and proven health promotion workshops. And we will again, as soon as we can! Many of these programs focus on learning how to manage your chronic health condition (such as diabetes, arthritis, heart, lung or kidney disease, or chronic pain). Over 80% of older adults have at least one chronic condition and over half have two or more.

One of the concerns of people with chronic conditions is injuries. You can reduce your risk of injury by understanding the four factors that increase your risk and how each influences the other factors.

1. **Being distracted** – not paying attention to what you are doing or where you are going – potentially leading to a bruise or a fall.
2. **Poor body mechanics** – not using your body in the best, safest way – like poor posture, which can lead to pain or incorrectly reaching for something, resulting in a fall.
3. **Deconditioning** (not being fit) – leads to poorer balance, endurance and strength. Other types of physical changes, such as feet numbness, poor vision or hearing problems, can also make you less aware of your surroundings and affect your balance.
4. **An unsafe environment** – for example: poor lighting, clutter, loose rugs, uneven steps or missing or loose handrails.

All of these factors may affect your balance and discourage you from exercise. And if you fall, it's even more challenging to try to remain active, which in turn leads to – you guessed it – further deconditioning and greater risk of injury.

So now while you're spending more time at home, think about these four factors and what you can do to reduce your risks. And, please keep checking in with us. As soon as it's safe again, we'll be offering these workshops for you to learn more about how to manage your chronic conditions by reducing your risk of injury and a whole lot more so you can Help Yourself to Better Health!

● ● ● **Wisconsin Institute for Healthy Aging**







**No-cost webinar  
Thursday, June 11, 2020**

**Register by June 5:**  
[uwm.edu/socialwelfare/  
weaad-event-june-2020](http://uwm.edu/socialwelfare/weaad-event-june-2020)

## **Elder Abuse, Exploitation, and Neglect: How to Identify Mistreatment and Support Individuals at Risk**

June 11 | 2:00-3:00 p.m.

1.0 CEH earned for social workers, LPCs, and MFTs.

Presented by the Milwaukee County Department on Aging, the Aging & Disability Resource Center of Waukesha County, the Milwaukee County Disabilities Services Division, and the Helen Bader School of Social Welfare's Office of Applied Gerontology

### **Presenters:**

**Laurie Kohler, LCSW**

Adult Protective Services Supervisor  
Aging & Disability Resource Center of Waukesha County

**Dinah LaCaze, MBA, APSW**

Elder Abuse Prevention Program Coordinator  
Milwaukee County Department on Aging

**Marietta Luster, DM**

Program Manager  
Milwaukee County Disabilities Services Division



**Helen Bader  
School of Social Welfare**  
*Office of Applied Gerontology*

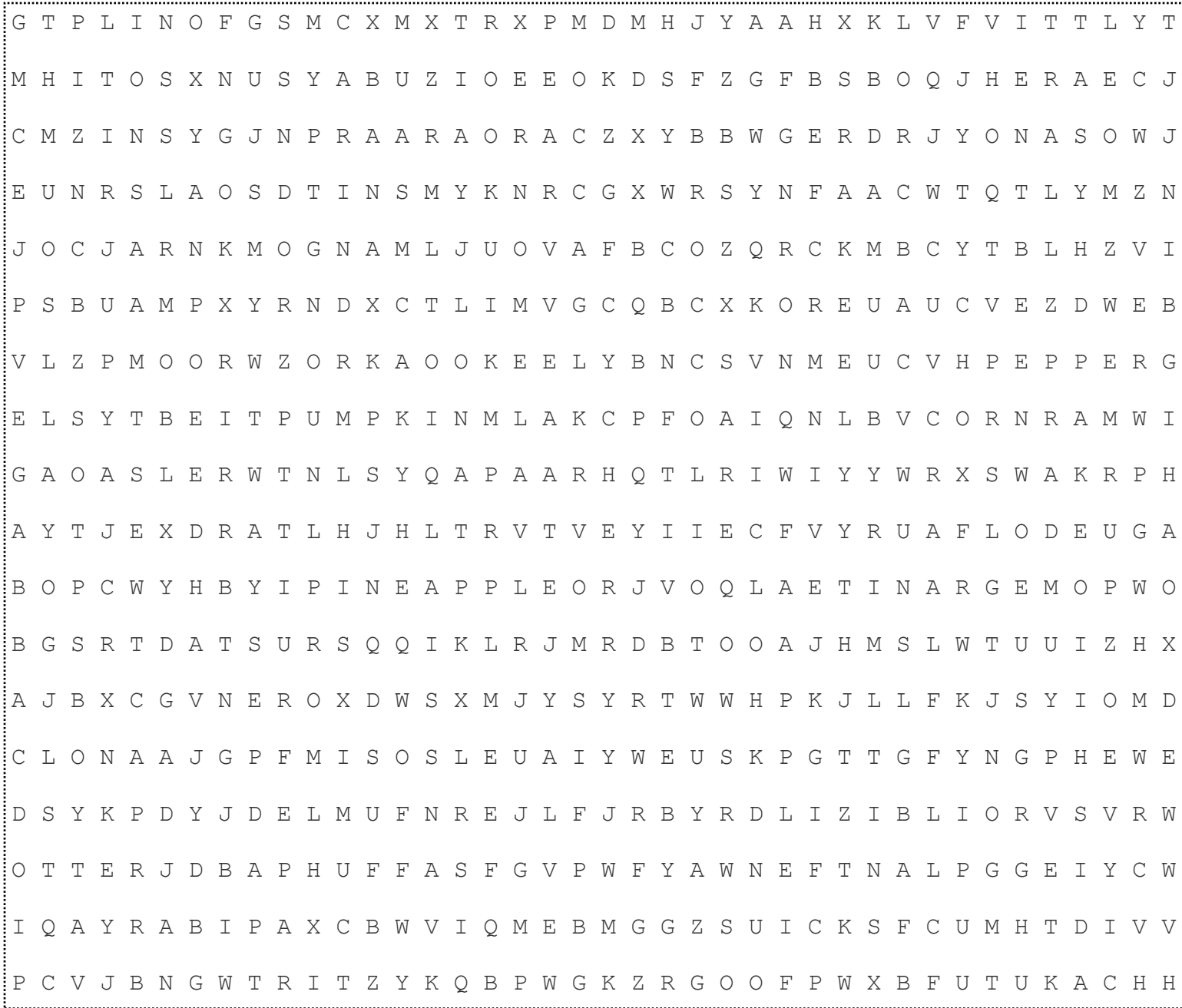
**Questions? Contact Mikayla Kinnison**  
[kinnison@uwm.edu](mailto:kinnison@uwm.edu)

**This is a World Elder Abuse Awareness Day event.**

June is ....

# National Fresh Fruit & Vegetable Month

Celebrate by completing this tasty word search.



<b>APPLE</b>	<b>CAULIFLOWER</b>	<b>FIG</b>	<b>MANGO</b>	<b>PEPPER</b>	<b>RADISH</b>
<b>ASPARAGUS</b>	<b>CELERY</b>	<b>GRAPE</b>	<b>OKRA</b>	<b>PINEAPPLE</b>	<b>RHUBARB</b>
<b>AVOCADO</b>	<b>CHERRY</b>	<b>GRAPEFRUIT</b>	<b>ONION</b>	<b>PLUM</b>	<b>RUTABAGA</b>
<b>BROCCOLI</b>	<b>CORN</b>	<b>LEEK</b>	<b>ORANGE</b>	<b>POMEGRANITE</b>	<b>STRAWBERRY</b>
<b>CABBAGE</b>	<b>CUCUMBER</b>	<b>LEMON</b>	<b>PEACH</b>	<b>POTATO</b>	<b>TOMATO</b>
<b>CARROT</b>	<b>EGGPLANT</b>	<b>LIME</b>	<b>PEAR</b>	<b>PUMPKIN</b>	<b>TURNIP</b>

ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you'd like to be added to or  
removed from this mailing, or would  
prefer to receive our Newsletter  
electronically, please call the ADRC at  
(262) 548-7848

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